

Colby-Sawyer Medical Reserve Corps Organizes CSC Let's Move Campaign



The Colby-Sawyer College Medical Reserve Corps (MRC) hosted the organization's first wellness fair, CSC Let's Move, at the Dan and Kathleen Hogan Sports Center on Saturday, March 29, from 1 p.m. to 5 p.m.

Approximately 65 college and community members participated in the event sponsored by the MRC Club, Colby-Sawyer's affiliate of the Greater Sullivan County Medical Reserve Corps (GSCMRC).

"After our Walk New London Diabetes Project last semester, CSC Let's Move is yet another initiative taken by the club to encourage healthy lifestyle choices on campus and in the greater New London community," said MRC Club President and Healthcare Management major Sukriti Raut '15.

Inspired by First Lady Michelle Obama's "Let's Move!" program developed to solve the epidemic of childhood obesity, CSC Let's Move featured activities such as Zumba®, Insanity®, Drums Alive®, Pilates, yoga, physical therapy, reiki, chair massage and spinning. The Baird Health and Counseling Center (BHCC), the Sustainability Core Club, the Exercise and Sport Sciences Club and the

New Hampshire Department of Health and Human Services provided health screening services, stress management tips, various health research results, and emergency preparedness advice.

The event was "exhilarating, simply awesome," according to Biology major Binyam Yilma '16. "To be able to see all options that we have available to promote our health and wellbeing in one place really leaves us with no excuse to continue to make unhealthy lifestyle choices," he said.

Teresa Gallagher of Sodexo Dining Services volunteered at the smoothie stand, while Nutritionally Yours, a New London-based nutrition club, provided information and samples of meal replacement shakes and protein bars. "The event was just amazing," said Deborah Barton, personal wellness coach at Nutritionally Yours. "Invite me back anytime."

As the event concluded, Raut presented certificates of participation to activity instructors and encouraged students and community members to share their experiences with friends and family. "We have learned from how the event turned out this year and have received great suggestions from participants," Raut added. "It will be bigger and better next year."

"The MRC Club members worked with all their hearts to make this event possible," said Pamela Spear, director at the BHCC and the club's faculty adviser. "I cannot wait to help with what they plan next."

—Anurup Upadhyay '15

Anurup Upadhyay is a Business major at Colby-Sawyer College and a student writer for College Communications.